

## **Strong Rest**

Exodus 20:8-11 & Matthew 11:28-30 – Blue Bible Page # 74 & 966

**STRONG Series Theme:** Jesus offers you **HIS STRENGTH** in exchange for **YOUR WEAKNESS**.

**Sabbath literally means to cease and desist from work and to rest.**

Sabbath is about **RESTING** in who we **ARE** in Christ and not in what we **DO** for ourselves.

**Here is what sabbath rest is for and why you need it:**

1. To **REMEMBER** what God did for us as CREATOR and REDEEMER.
2. To **WORSHIP** God because all things are under His control, not yours.
3. To **REST** in God's loving provision and care.

**How Jesus' yoke makes Sabbath possible:**

- We give **ALL WE HAVE** to Jesus and Jesus gives **ALL HE HAS** to us.
- We give Jesus the **FULL WEIGHT** of our sin and Jesus gives us **FULL PARDON** for our ALL our sin.
- We give Jesus our complete and utter **INABILITY** to obey God as we should and Jesus gives us His complete **ABILITY** to obey God.

**Two prayers that can center us in TRUE REST at any moment:**

“Holy Spirit, think through me till your ideas are my ideas.” – Brother Lawrence

“Abba, I belong to you.” – Brennan Manning

**How can your schedule revolve around Sabbath rather than activity?**

- Schedule times of **WORSHIP**.
- Schedule times of **COMMUNITY**.